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Bone Health Status among Postmenopausal Women in Malaysia

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Abstract

Objectives: The study has evaluated bone health status among post-menopausal women in a public hospital of Malaysia.

Materials and Methods: A total of 116 post-menopausal women, who met the criteria, participated in this study. The purposive sampling method was used to achieve the criteria of participants.

Results: This cross-sectional study revealed that more than half of the respondents (52.6%, n =61) had osteopenia; whereas, 47.4% (n=55) of the respondents had osteoporosis. There was a significant correlation between the age and menopausal years with the bone health status (i.e. P=0.004 and P=0.028, respectively) in postmenopausal women.

Conclusions: Menopausal women experienced deterioration of bone mineral density (BMD) with advancing age and menopausal years.

Keywords




Author Keywords: [Menopausal women](#); [Bone health status](#); [Osteoporosis](#); [Malaysia](#)
KeyWords Plus: [MINERAL DENSITY](#); [STRUCTURAL BASIS](#); [AGE](#); [OSTEOPOROSIS](#); [QUALITY](#); [EPIDEMIOLOGY](#); [TRANSITION](#); [MENOPAUSE](#); [COMMUNITY](#); [EDUCATION](#)

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